

the Will

June 2017 | Monthly Newsletter of God's Will Christian Church

Mark Your Calendar

New Service Time: 10AM

6.4

Communion Sunday

6.18

Father's Day

6.25

Church Picnic at Watkins Park
12PM

Interested in becoming a member? Please see Sis. Vanessa Hawkins!

Pastor's Corner by Pastor Adgerson

I receive articles from Nutritional Watchdogs Daily and some of them are loaded with valuable information. I will be sharing some of these short articles in our newsletter, for a few months.

Epsom salt may seem like an unlikely go-to home remedy, however, the more I learn about it, the more I want to keep it around—in my kitchen, bathroom and even my garden shed. Used to heal sore or inflamed muscles, I grew up with relatives that soaked their tired, aching muscles in a bathtub and testified it was God sent. They had no scientific evidence to support their claims, but never the less it worked.

If you sprain an ankle or something else, soak it for a few days, and see for yourself.

Here is the science behind it: Epsom salt is actually not salt at all, but rather a mineral compound that is made from magnesium and sulfate.

Continued on page 2...

Pastor's Corner

Both of these compounds are readily absorbed by the skin, which means they are accessible to the over 300 enzymes that are regulated by magnesium. This helps alleviate hardening of the arteries and improves muscle and nerve function.

In addition to working overtime to reduce inflammation, here are 4 other ways I have found to put Epsom salt to work for me.

Plant Fertilizer - I am an avid gardener, so any natural way I can make my harvest more plentiful is exciting to me. Recently, I found that Epsom salt makes a wonderful fertilizer, not only for grass but also for potted plants and veggies. I simply sprinkle a little salt around the base of each plant once a week and water, and my plants look amazing. To make your grass greener,

mix one cup of salt for every gallon of water and use a sprayer to cover your lawn. Repeat this once every two weeks throughout the growing season.

Dry Lip Conditioner - Living out west, my lips take a beating. To keep them looking and feeling their best, try a homemade Epsom Salt Lip Exfoliator. Mix equal amounts of organic coconut oil and Epsom Salt together. Spread over your lips and rub gently in a circular motion. Rinse with water and apply a thin layer of coconut oil when finished. Not only will this help to remove dry skin, but it will also protect your lips from damage caused by sun and wind.

Sunburned Skin - After a recent trip to sunny Florida, I found that Epsom Salt came in very handy to soothe sore, sunburned skin. Simply mix 1 cup of salt in warm bath water and soak for about 15 minutes. Not only does the salt help reduce inflammation, but it also gently exfoliates skin and reduces peeling

*This article appears in the Nutritional Watchdog Daily and was authored by Mike Geary.

Through Him all things were made; without Him nothing was made that has been made.

John 1:3

REMINDER:

Please remember to download our App in the App Store or Google Play!

Member's Corner



What do you do for a living?

I am a Security Guard for the Federal government.

What are your hobbies?

love taking my kids out to the mall, playing PlayStation, and bowling.

What have you found most rewarding about being a member of GWCC?

The Pastor teaches you about the bible and the members treat you like family. It's an amazing place to be.

What advice would you give a new Christian?

Getting closer to Christ is a great thing to do. Learning about the word of God is truly a reward.

Who introduced you to Christ?

My family introduced Christ.

When did you join GWCC?

I joined GWCC around 2010/2011.

Recipe Corner: Jalapeno Cheese Chips

INGREDIENTS

1 cup finely shredded parmesan cheese
½ cup shredded cheddar cheese
1 jalapeno, sliced thinly
4 slices bacon, cooked and crumbled
Freshly ground black pepper

DIRECTIONS

1. Preheat oven to 375. Line a large baking sheet with parchment paper
2. Spoon about a tablespoon of Parmesan into a small mound on the parchment paper, Top with about ½ teaspoon of cheddar.

Carefully pat cheese down flat, place a jalapeno slice on top. Sprinkle with bacon and crack a generous amount of pepper over each mound. Bake until crispy and golden, about 12 minutes.
3. Let cool slightly before transferring to serving dish. Serve at room temperature.

God's Little Devotional

Jesus is a friend who knows all your faults and still loves you anyway.

Matthew was a tax collector, a hated man among the Jews for helping Rome tighten its occupation. Even so . . . Jesus loved Matthew, and eventually chose him as one of his apostles.

Peter had a quick temper, his emotions easily triggered by circumstances. He denied knowing Jesus three times during the most critical hours of Jesus' life on earth. Even so, Jesus loved Peter and empowered him to lead the early church.

Saul made havoc of the church in Jerusalem, leading raids on the homes of Christians and imprisoning the devout. He consented to the death of Stephen,

and was one of the official witnesses of his execution. He even requested letters of authority to extend the persecution of the church to other cities, including Damascus. Even so . . . Jesus loved Saul, appeared to him in a light from heaven, and called him to repentance.

No matter what a person may have done---no matter their character flaws---Jesus loves them. He loved them to the point of dying on their behalf on the Cross . . . including dying for your enemy . . . the friend or family member who disappoints you or frustrates you . . . indeed, including you.

God commendeth his love toward us, in that, while we were yet sinners, Christ died for us. Romans 5:8

Weekly Activities

Morning Prayer Conference Call

Daily 7:00AM

Weekly Bible Study Conference Call

Wednesday 7:00-8:00p

Men's Bible Study Conference Call

Tuesday 7:00-8:00pm

Conference Number:

712-775-7031 Access Code: 443-268-839

Women's Bible Study Conference Call

Monday 7:30-8:30pm

857-232-0158 Access Code 262390